

## Oregon

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

[www.healthoregon.org/hpcdp/physicalactivityandnutrition](http://www.healthoregon.org/hpcdp/physicalactivityandnutrition)

<p style="text-align: center;"><b>The Epidemic</b></p> <p>57% of Oregon adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>21% of non-Hispanic white adults and 22% of Hispanic adults in Oregon are obese. (CDC BRFSS, 2002)</p> <p>31% of low-income children between 2 and 5 years of age in Oregon are overweight or at risk of becoming overweight. (CDC PedNSS, 2002)</p> <p>The obesity rate among Oregon adults increased by 86% from 1990 to 2002. (CDC BRFSS, 1990, 2002)</p>	<p style="text-align: center;"><b>Program Priorities</b></p> <p>The <i>Oregon Statewide Public Health Nutrition Plan</i> and the <i>Statewide Physical Activity Plan</i> are on the program Web site.</p> <p>A Nutrition and Physical Activity Policy Work Group has been formed to identify priority policy strategies in the statewide plans and coordinate efforts of partners.</p> <p>An Evaluation Work Group will identify data needs and develop methods and systems for monitoring outcomes of the plans.</p>
<p style="text-align: center;"><b>Recent Accomplishments and Products</b></p> <ul style="list-style-type: none"> <li>➤ An inventory of activities in Oregon that promote nutrition or daily physical activity through policy, environment, or education</li> <li>➤ A \$200,000 grant by the Robert Wood Johnson Foundation to two partners (the American Heart Association and the Oregon Coalition for Promoting Physical Activity) for Active Living by Design pilot projects</li> <li>➤ An Oregon Safe Routes to School Tool Kit developed by the Active Community Environments group to supplement the National Highway Transportation Safety Administration's <i>Safe Routes to School</i></li> </ul>	<p style="text-align: center;"><b>Upcoming Events and Products</b></p> <ul style="list-style-type: none"> <li>➤ A work site intervention, including environmental changes such as healthier vending machine choices and easier stairway access</li> <li>➤ Oregon Walk to School Day 2004</li> <li>➤ Three projects funded by the Robert Wood Johnson Foundation to             <ul style="list-style-type: none"> <li>• Influence development and help create a mixed-use community with an integrated system of streets, parkways, and greenways in the Damascus project.</li> <li>• Help community residents improve their options for using light rail, walking and biking for transportation in the Interstate Corridor project.</li> <li>• Focus on the design, building, and promotion of the Lents Station Interpretive Trailhead on the existing Springwater Corridor in the Southeast Portland project.</li> </ul> </li> <li>➤ Support of county teams in local communities by The Healthy Active Oregon Training Institute.</li> </ul>
<p style="text-align: center;"><b>New Partners</b></p> <p>Active Community Environments American Diabetes Association Community Health Partnership 5 A Day Partners Kaiser Nike Oregon Dept. of State Parks and Recreation Oregon Dept. of Transportation Oregon Medical Society Oregon Pear Board Portland State University Regency Blue Cross/Blue Shield</p>	<p style="text-align: center;">Project Period: 2003-2008 Year First Funded: 2003 Funding Stage: Capacity Building Contact Person: John Chism, MSSA Program Coordinator Oregon Health Services, Dept. of Human Services Telephone: 503-731-4273 Fax: 503-731-4082 E-mail: <a href="mailto:John.w.chism@state.or.us">John.w.chism@state.or.us</a></p>



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